



East Swimming
2017 Long Course Championships
*(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing
& to ASA Open Meet Licensing Criteria)*



Weekend two - Norwich
27th, 28th, & 29th May 2017
(Licensed Meet No. 1ER170220)

EVENT 511 Mens 200m Butterfly

Regional Record Junior - 2:06.22

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Jude HILLS	12	Bo Southend	2:44.59	357	34.03	1:16.05	2:00.96
2.	Jenson HURRELL	12	Thurrock	2:45.07	353	35.69	1:18.55	2:02.70
3.	Peter SOCZEWKA	12	Hatfield	2:48.47	330	34.86	1:17.78	2:02.76
4.	Daniel ORD	12	Watford SC	2:48.91	327	36.54	1:20.51	2:04.27
5.	Denis MORINE	12	Chelmsford	2:49.86	321	36.36	1:19.84	2:04.55
6.	Enzo LIM	12	Watford SC	2:50.48	317	35.63	1:19.99	2:05.00
7.	Nikita CHARYKIN	11	Thurrock	2:52.50	304	36.88	1:22.16	2:06.85
8.	Christopher WILLIAMSON	12	Co Cambridge	2:52.77	302	39.02	1:23.58	2:09.30
9.	George GRICE	12	UEA Norwich	2:56.12	282	36.68	1:21.37	2:08.96
10.	Charles ROYLE	12	Basildon Ph	2:58.70	268	38.43	1:23.72	2:11.34
11.	Finn COOPER	11	teamipswich	2:59.14	266	37.85	1:24.87	2:12.17
12.	Jack ABRAM	12	UEA Norwich	2:59.63	263	38.19	1:24.38	2:11.87
13.	Matthew MONIE	12	Co Cambridge	3:00.38	259	38.35	1:23.87	2:12.37
14.	Thomas OWEN	12	West Norfolk	3:01.43	254	-	1:25.71	2:14.04
15.	Daniel DIXON	12	Brentwood	3:04.21	240	38.85	1:25.86	2:14.65
16.	Tobin SARI	12	West Suffolk	3:06.20	230	38.51	1:26.86	2:17.14
17.	Max HILL	11	Stevenage	3:08.46	220	40.12	1:29.46	2:20.24
18.	William HAMM	12	Dunstable	3:08.77	219	38.82	1:27.64	2:18.87
19.	Arthur BERNANS	11	Basildon Ph	3:13.24	200	40.13	1:30.85	2:22.78
20.	Brayden DOYLE	12	Brentwood	3:14.99	193	39.40	1:29.52	2:20.63
	Jacob STEPHEN	12	Brentwood	DQ				

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Michael KLIMASZEWSKI	13	Hatfield	2:21.45	570	31.39	1:07.73	1:44.15
2.	Connor WALKER	13	Co Peterboro	2:24.68	534	31.62	1:07.69	1:45.17
3.	Rhys DAVIDSON	13	Team Luton	2:34.37	439	34.41	1:13.89	1:54.17
4.	Ethan PEIRCE	13	Harlow Pen	2:34.73	436	31.20	1:09.08	1:50.03
5.	Mide OLAJIDE	13	Thurrock	2:39.39	396	33.70	1:14.94	1:56.37
6.	Akshay PISSAY	13	UEA Norwich	2:39.65	394	33.50	1:12.58	1:53.75
7.	Luke BARTON	13	Lstof & OB	2:41.65	379	33.42	1:14.46	1:57.42
8.	Euan HIGGS	13	Chelmsford	2:41.79	378	34.10	1:14.67	1:57.79
9.	Jimmy TAYLOR	13	Thurrock	2:41.82	377	35.55	1:17.53	1:59.89
10.	Harrison RIDER	13	Basildon Ph	2:41.91	377	34.77	1:15.01	1:57.71
11.	George WHITEMAN	13	Co Peterboro	2:42.33	374	35.32	1:17.16	2:00.71
12.	Jack PALLANT	13	Lstof & OB	2:51.99	307	34.90	1:19.90	2:05.74
13.	George WILLIAMS	13	Harpندن	2:52.64	303	37.07	1:23.34	2:09.41
14.	Xavier KIRCHIN	13	Leighton Buz	2:52.65	303	33.81	1:15.95	2:03.69
15.	Oliver CROWTHER	13	Biggleswade	2:55.60	285	37.37	1:26.01	2:13.34
16.	Harley WEST	13	Basildon Ph	3:03.90	241	39.76	1:27.12	2:16.21
17.	Taylor COE	13	Cheshunt	3:04.23	240	37.64	1:23.42	2:12.50
18.	Adam HOLMES	13	Flitwick	3:04.35	239	39.31	1:26.22	2:15.84

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Nathan WOODROW	14	UEA Norwich	2:17.75	615	30.47	1:05.89	1:41.62
2.	Devesh KAPOOR	14	Watford SC	2:21.97	564	30.90	1:06.09	1:43.36
3.	Ciaran RICHES	14	West Suffolk	2:25.08	530	30.78	1:07.01	1:45.03
4.	Daniel MURTAGH	14	Hatfield	2:29.33	486	32.35	1:11.13	1:49.98
5.	Jack TURRELL	14	Basildon Ph	2:30.21	478	31.66	1:11.08	1:51.39
6.	Henry FERRIES	14	Basildon Ph	2:36.30	422	32.71	1:12.97	1:56.02
7.	Teal'K SMITH	14	Beccles Town	2:36.50	420	33.23	-	1:54.72
8.	Luke PESTAILLE	14	Hatfield	2:38.16	406	33.71	1:15.25	1:57.23
9.	Joshua THURSTON-WOOLNO	14	Beccles Town	2:38.24	406	35.85	1:17.13	1:57.32
10.	Joshua BRIDGELAND	14	Stevenage	2:38.75	402	35.11	1:17.39	1:58.64
11.	Harry ARBUTHNOTT	14	Harpندن	2:39.98	392	34.11	1:16.37	1:59.22
12.	Euan DONALD	14	Berkhamsted	2:40.82	385	32.75	1:11.40	1:56.63
13.	William TOZER	14	West Suffolk	2:41.11	383	34.14	1:15.43	1:59.15
14.	Ciaran COOK	14	Co St Albans	2:41.66	379	33.64	1:13.56	1:56.74
15.	Ben WOODHOUSE	14	Norwich Swan	2:42.75	370	33.51	1:13.93	1:58.38
16.	Aaron LAMBIE	14	Thurrock	2:43.49	365	35.66	1:17.85	2:00.66
17.	Morgan FOSTER	14	Braintree	2:43.95	361	33.20	1:13.43	1:56.91
18.	Alfie WARNOCK	14	Putteridge	2:44.71	356	33.35	1:13.85	1:58.01
19.	Max ASHKEN	14	Deben	2:44.94	354	34.30	1:13.88	1:56.89
20.	Samuel STEPHENS	14	St Felix Sch	2:46.64	342	34.92	1:17.72	2:02.85
21.	Matthew MUNNINGS	14	Diss Otters	2:46.89	341	33.94	1:13.65	1:58.38
22.	James EDGINGS	14	Thurrock	2:49.50	323	35.27	1:18.59	2:03.45



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(Licensed Meet No. 1ER170220)

EVENT 512 Womens 200m Breaststroke

Regional Record Junior - 2:32.92

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Charlotte WHITE	12	West Suffolk	2:52.94	614	38.93	1:24.54	2:08.89
2.	Holly LAMB	12	Southend	3:06.32	495	42.87	1:30.37	2:19.67
3.	Georgia PRITCHARD	12	Hatfield	3:06.84	490	41.51	1:30.87	2:19.72
4.	Anna BROWNE	12	UEA Norwich	3:07.87	482	42.04	1:31.16	2:19.40
5.	Ruby GREENHALF	12	UEA Norwich	3:09.25	472	41.91	1:31.79	2:19.84
6.	Beth YOUNG	11	Felixstowe	3:10.42	463	41.67	1:31.96	2:20.29
7.	Isla WINSLOW	12	UEA Norwich	3:10.60	462	42.99	1:31.84	2:22.46
8.	Charlotte NORMAN	12	Colchester	3:11.42	455	42.76	1:32.60	2:21.21
9.	Eloisa MILLER	12	C Beds SS	3:11.47	455	41.65	1:30.05	2:20.34
10.	Sophie JENKINSON	12	Basildon Ph	3:11.58	454	42.69	1:32.21	2:21.86
11.	Anita TIEN	12	Colchester	3:14.00	437	42.61	1:32.12	2:23.02
12.	Abigail GOTTS	12	Norfolk Vikg	3:15.47	427	43.72	1:34.23	2:24.63
13.	Lucy COIA-BELL	12	Co St Albans	3:17.18	415	43.74	1:35.29	2:25.87

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Ela NORTON	13	Hatfield	2:53.26	611	38.81	1:23.60	2:08.72
2.	Molly MONK	13	Dereham	2:55.63	588	40.01	1:25.44	2:11.99
3.	Charlotte ABRAMSON	13	UEA Norwich	2:55.82	586	39.52	1:24.62	2:09.94
4.	Ciara WOOKEY	13	Colchester	2:58.56	561	39.17	1:24.62	2:11.56
5.	Niamh KELLY	13	Hatfield	2:59.43	553	40.57	1:26.96	2:13.34
6.	Charlotte TREE	13	Colchester	3:00.11	547	40.36	1:26.17	2:13.02
7.	Polly FISH	13	Co Cambridge	3:00.98	539	39.67	1:26.78	2:13.84
8.	Alice FASEY	13	Theftord	3:01.63	534	39.57	1:27.42	2:14.13
9.	Harriet CLEMENTS	13	Watford SC	3:02.02	530	39.87	1:26.46	2:13.66
10.	Jessica MUNFORD	13	Norwich Swan	3:02.32	528	40.45	1:27.07	2:14.83
11.	Caitlin HARTLEY	13	Hatfield	3:02.78	524	40.65	1:27.59	2:14.95
12.	Grace GUNTON	13	UEA Norwich	3:02.82	523	42.06	1:29.38	2:16.41
13.	Ella MCGHIE	13	Co Peterboro	3:02.88	523	42.89	1:29.31	2:17.04
14.	Taisia TIRON	13	Harlow Pen	3:02.98	522	40.00	1:27.44	2:14.28
15.	Kiara JESSOP	13	Lstoft & OB	3:03.45	518	40.34	1:26.73	2:14.73
16.	Niamh SADLER	13	UEA Norwich	3:03.52	517	43.14	1:29.79	2:18.25
17.	Bruna REBELO	13	Hatfield	3:04.86	506	43.45	1:29.93	2:18.78
18.	Hannah DALEY	13	Co Peterboro	3:05.74	499	41.66	1:28.32	2:16.62
19.	Sophie GRIFFIN	13	Co Peterboro	3:06.47	493	41.94	1:29.60	2:19.12
20.	Cerys WILLIAMS	13	West Suffolk	3:13.58	440	42.26	1:31.93	2:23.90

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Angharad EVANS	14	West Suffolk	2:40.14	755	34.92	1:15.68	1:58.38
2.	Imogen BLOOMFIELD	14	Co Cambridge	2:49.39	650	38.53	1:21.60	2:05.50
3.	Ellie MATTHEWS	14	Putteridge	2:51.63	627	38.37	1:22.47	2:06.46
4.	Erin O'MEARA	14	Watford SC	2:51.85	625	38.53	1:22.34	2:06.78
5.	Millie CLARK	14	Cheshunt	2:53.17	612	39.13	1:23.50	2:08.20
6.	Grace KING	14	teamipswich	2:53.19	611	40.15	1:24.46	2:08.99
7.	Grace STEDMAN	14	Co St Albans	2:54.42	599	38.81	1:23.45	2:08.32
8.	Ella HALE	14	West Suffolk	2:56.62	578	39.25	1:24.55	2:10.66
9.	Chiara ROGERS	14	Team Luton	2:58.75	559	39.27	1:24.24	2:11.02
10.	Isabelle ROSHER	14	teamipswich	2:59.04	556	40.19	1:26.21	2:13.85
11.	Chloe BERKO-BOATENG	14	Cheshunt	2:59.94	548	40.25	1:26.37	2:13.08
12.	Autumn HANDSCOMBE	14	C Beds SS	3:00.58	543	39.88	1:26.21	2:13.08
13.	Ellie-Mei SHEPPERSON	14	West Norfolk	3:01.13	538	39.11	1:24.61	2:12.19
14.	Mollie WHITE	14	Norfolk Vikg	3:01.17	537	40.86	1:27.96	2:16.11
15.	Abbie BARNWELL	14	Team Luton	3:01.53	534	41.18	1:27.63	2:14.60
16.	Catherine ODELL	14	St Felix Sch	3:01.60	534	41.00	1:28.39	2:15.10
17.	Rebecca GIROLAMI	14	Colchester	3:02.75	524	40.32	1:28.07	2:16.57
18.	Katie HAMMOND	14	Co Cambridge	3:02.83	523	41.20	1:28.52	2:15.17
19.	Chloe LAVIN	14	Co St Albans	3:03.90	514	40.35	1:27.28	2:15.91
20.	Charlotte HUDSON	14	West Suffolk	3:04.27	511	41.12	1:29.00	2:16.64
21.	Lily BEMMER	14	Deben	3:05.29	503	43.29	1:30.42	2:18.46
22.	Alexandra LAWMAN	14	Watford SC	3:07.01	489	41.03	1:29.60	2:17.51
23.	Iona TRAINER	14	Co Ely	3:15.42	427	42.06	1:31.69	2:23.34
	Poppy ALLEN	14	Basildon Ph	DQ				



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EVENT 513 Mens 100m Breaststroke

Regional Record Junior - 1:07.00

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Edward MERHAN	12	West Suffolk	1:21.90	422	37.69
2.	Olivier VEDRENNE	12	UEA Norwich	1:22.00	420	38.74
3.	Marcus MOSCUZZA	12	St Felix Sch	1:22.03	420	38.66
4.	Tyler TOMBS	12	Chelmsford	1:24.46	382	40.88
5.	James GISBORNE	12	Bishop Stort	1:26.63	351	40.43
6.	Alexander WILLIAMS	12	Watford SC	1:26.64	351	40.79
7.	Louis WALKER	12	Colchester	1:27.41	341	40.32
7.	Noah CRABB	12	teamipswich	1:27.41	341	41.38
9.	James CLAY	12	Stowmarket	1:27.99	333	41.41
10.	Daniel AJETUMMOBI	12	Thurrock	1:28.04	333	40.10
11.	Eldrick MANELA	12	Stevenage	1:28.20	331	42.03
12.	Daniel MILLER	12	Linslade	1:28.44	328	42.37
13.	Benjamin ASHDOWN	12	Modernian	1:28.52	327	42.36
14.	Billy KNIBB	12	Linslade	1:29.03	320	41.80
15.	Ethan ANGEL	11	teamipswich	1:29.04	320	41.72
16.	Finley COMAN	12	Gt Yarmouth	1:29.09	320	40.78
17.	Colin MOGHINA	12	Thurrock	1:29.83	311	41.65
18.	Daniel HOLLISS	11	Co St Albans	1:29.86	310	42.75
19.	Jacob STEPHEN	12	Brentwood	1:30.28	305	42.98
20.	Billy MEAD	12	Dunstable	1:30.36	304	42.89
21.	Alasdair WOOLGROVE	12	Co St Albans	1:30.38	304	42.61
22.	Thomas OWEN	12	West Norfolk	1:30.52	302	42.92
23.	Alfie FRANCIS	12	Colchester	1:30.66	301	43.72
24.	Finn MEENAN	12	Dunstable	1:31.38	292	42.28
25.	Edward RICHARDSON	12	Harpenden	1:31.42	292	44.31
26.	Enzo LIM	12	Watford SC	1:31.68	289	42.75
27.	Barnabas CLARKE	11	UEA Norwich	1:32.65	278	44.37
28.	Patrick WINNINGTON	12	DunmowAtlant	1:33.27	272	43.87
29.	Mark MILBURN	12	Colchester	1:33.84	266	43.19
30.	Charles TAVERNER	12	Watford SC	1:34.11	263	43.33
31.	James BELL	12	Norwich Swan	1:34.47	259	44.00
32.	Brayden DOYLE	12	Brentwood	1:35.22	252	45.46
33.	Robbie CRUICKSHANKS	11	teamipswich	1:36.17	243	45.77
34.	Albert PAPWORTH	12	Co Peterboro	1:36.56	239	44.32
35.	Matthew MONIE	12	Co Cambridge	1:40.50	205	46.67
36.	Christopher WILLIAMSON	12	Co Cambridge	1:41.45	198	47.88

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	James QUINN	13	St Ives	1:14.57	560	34.40
2.	Sam WILLIAMSON	13	Hatfield	1:15.36	543	35.25
3.	Matthew DEBENHAM	13	teamipswich	1:18.78	476	35.82
4.	Harrison JARVIS	13	Thurrock	1:19.00	472	36.08
5.	Yuto WATANABE	13	Hatfield	1:20.13	452	37.92
6.	Samuel RENNIE	13	Braintree	1:20.31	449	38.68
7.	Owen THOMAS	13	Modernian	1:20.92	438	37.85
8.	Naythan AUNG	13	Colchester	1:21.33	431	37.42
9.	Thomas OGDEN	13	Bishop Stort	1:21.54	428	38.13
10.	Robert ADDIS	13	West Norfolk	1:21.73	425	40.17
11.	Johnny WILDE	13	Putteridge	1:22.89	406	38.49
12.	Harry SWANN	13	Lstof & OB	1:24.75	378	39.89
13.	Benjamin GREEN	13	Watford SC	1:24.99	374	39.67
14.	Ketan RACH	13	Watford SC	1:25.41	368	39.02
15.	Ashton NEO	13	Linslade	1:25.73	364	40.60
16.	George WILLIAMS	13	Harpenden	1:25.95	361	40.02
17.	James ROTHWELL	13	Co Peterboro	1:26.44	354	40.45
18.	Matthew WEIMANN	13	Co Cambridge	1:27.20	344	41.08
19.	Luke TAYLOR	13	Co Cambridge	1:27.49	340	41.28
20.	Thomas HANLEY	13	Chatteris	1:27.51	340	41.35
	Bradley BORLAND	13	Putteridge	DQ		



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Finn JEFFERY	14	St Felix Sch	1:12.79	600	33.48
2.	James DILLON	14	Basildon Ph	1:13.85	576	34.17
3.	Owen WEBSTER	14	St Felix Sch	1:16.28	524	35.69
4.	Mattias MORSE	14	Hemel Hemp	1:16.77	515	36.79
5.	Freddie LAWS	14	West Norfolk	1:16.87	513	36.33
6.	Samuel BULLINGHAM	14	West Suffolk	1:17.23	506	35.83
7.	Harvey HALL	14	Deben	1:17.31	504	35.95
8.	Lewis SHAYLER	14	Watford SC	1:17.32	504	36.55
9.	Jack RICHARDSON	14	DunmowAtlant	1:18.90	474	36.74
10.	Callum STEDMAN	14	Dereham	1:18.93	473	37.80
11.	Henry KING	14	West Suffolk	1:19.13	470	36.96
12.	Walter HACKETT	14	Dunstable	1:20.09	453	36.63
13.	James MARTINEZ	14	West Suffolk	1:20.56	444	37.92
14.	William ROBINS	14	C Beds SS	1:20.58	444	37.62
15.	Joshua STEPHENS	14	St Felix Sch	1:21.03	436	38.96
16.	Euan DONALD	14	Berkhamsted	1:21.46	429	38.09
17.	Jack BROWN	14	Co Peterboro	1:21.48	429	38.37
18.	Louis STEPHEN	14	Brentwood	1:21.69	425	37.53
19.	Marco TONTODONATI	14	Bishop Stort	1:22.11	419	37.88
20.	Joshua HOLLAND	14	Hertford	1:22.47	413	39.00
21.	Seyi BANKOLE	14	Hemel Hemp	1:23.25	401	37.95
22.	Cameron NEWTON	14	Braintree	1:23.77	393	38.42
23.	Louis BYRNE	14	Co Cambridge	1:24.15	387	39.16
24.	Matthew NEWSON	14	Co Peterboro	1:24.50	382	39.20
25.	James SPEERS	14	Basildon Ph	1:24.58	380	38.25
26.	Samuel OAKLEY	14	Potters Bar	1:24.97	375	38.76
	Benjamin CLAYTON-HARRI	14	Hatfield	DNC		



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EVENT 514 Womens 50m Butterfly

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Bethan ENDICOTT	12	St Ives	31.12	628
2.	Ruby DAGLESS	12	Dereham	31.68	597
3.	Matilda BOGLE	11	teamipswich	32.53	554
4.	Valeria GIRON	12	Hatfield	32.60	550
5.	Hannah COLLETT	12	Basildon Ph	32.70	545
6.	Ciara TAYLOR	12	Co Ely	32.85	538
7.	Emily COOPER	12	Basildon Ph	33.22	521
7.	Anita TIEN	12	Colchester	33.22	521
9.	Holly LAMB	12	Southend	33.41	512
10.	Nonhlanhla THOLE	12	St Felix Sch	33.48	509
11.	Sophie LANDER	12	Stowmarket	33.55	505
12.	Isobel GELLER	12	Tring	33.62	502
13.	Megan BUNCLARK	12	Leiston	33.70	499
14.	Daisy MOXHAM	12	Co Cambridge	34.01	485
15.	Lucy COIA-BELL	12	Co St Albans	34.08	482
16.	Ruby WHEELER	11	Basildon Ph	34.10	481
16.	Erin LITTLE	12	Chelmsford	34.10	481
18.	Leah WIGHTMAN	12	West Norfolk	34.15	479
19.	Lily MACDONALD	12	UEA Norwich	34.22	476
20.	Ruby GREENHALF	12	UEA Norwich	34.29	473
21.	Jessica SHAW	12	March	34.37	470
22.	Molly COBBOLD	11	Hoddesdon	34.48	465
23.	Oria KENNY	12	Co Cambridge	34.49	465
24.	Matilda RANSOME	11	Co Cambridge	34.54	463
25.	Helena HALL	12	Deben	34.55	462
26.	Ella NIJKAMP	12	Berkhamsted	34.65	458
27.	Jessica MAHONEY	12	Co Peterboro	34.67	458
28.	Kirsty FUGE	11	Hatfield	34.72	455
29.	Sofia PECCEI	12	Watford SC	34.76	454
30.	Louise DONAGHY	12	Modernian	34.84	451
30.	Charlotte NORMAN	12	Colchester	34.84	451
32.	Kaia PHILLIPS	11	Bishop Stort	34.97	445
33.	Kiera BLUNDEN	12	Chelmsford	35.03	443
34.	Georgia PRITCHARD	12	Hatfield	35.31	432
35.	Holly MORGAN	11	Hoddesdon	35.38	429
36.	Teni OGUNLESI	12	Thurrock	35.43	428
37.	Michaela TAIWO	12	Thurrock	35.53	424
38.	Isabelle KENWORTHY	11	UEA Norwich	35.78	414
39.	Isla WINSLOW	12	UEA Norwich	35.79	414
40.	Amy PAGET	12	Co Peterboro	35.96	408
41.	Katie ROGERS	12	West Suffolk	35.99	407
42.	Beth YOUNG	11	Felixstowe	36.31	395
43.	Eloisa MILLER	12	C Beds SS	36.92	374

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sophie FREEMAN	13	Colchester	29.21	744
2.	Rachel ANDREWS	13	C Beds SS	31.14	626
3.	May BRADBURN	13	Chelmsford	31.21	623
4.	Safia BUTTON	13	teamipswich	31.55	604
5.	Brenna HOWELL	13	Co Peterboro	31.58	602
6.	Polly FISH	13	Co Cambridge	31.61	601
7.	Nancy NEAVE	13	Braintree	32.03	579
8.	Imogen BLOCK	13	Lstoft & OB	32.16	572
9.	Brooke JENKINS	13	Southend	32.48	556
10.	Sophie GRIFFIN	13	Co Peterboro	32.62	549
11.	Erin CROUCH	13	teamipswich	32.81	540
12.	Harriet CLEMENTS	13	Watford SC	32.86	538
13.	Menna WALMSLEY	13	Team Luton	32.97	532
14.	Grace GUNTON	13	UEA Norwich	33.05	528
15.	Ciara WOOKEY	13	Colchester	33.06	528
16.	Astrid HUBBARD	13	West Norfolk	33.13	525
17.	Laura SNELHAM	13	Deben	33.18	522
18.	Charlotte ABRAMSON	13	UEA Norwich	33.21	521
19.	Lucy MORGAN	13	Colchester	33.27	518
20.	Grace WALLER	13	Basildon Ph	33.28	518
21.	Georgina MUNDAY	13	Modernian	33.36	514
22.	Rachel HA	13	Epping For't	33.48	509
23.	Maddie LEES	13	DunmowAtlant	33.50	508
24.	Juliana MERCADO	13	Norwich Swan	33.68	500
25.	Ella SMALLCOMBE	13	Maldon Shark	33.75	497
26.	Isabella CHAPMAN	13	Harpden	34.10	481
27.	Charlotte FLYNN	13	St Ives	34.16	479
28.	Rhianne CARRICK	13	Dunstable	34.31	472
29.	Bethan FUGE	13	Hatfield	34.47	466
30.	Alanya SHAW	13	Norfolk Vikg	35.00	444
31.	Niamh KELLY	13	Hatfield	35.18	437
32.	Faith ASHWORTH STOBBS	13	Co Cambridge	35.62	420



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sara KALAWSKA	14	Hatfield	30.20	681
2.	Chloe BERKO-BOATENG	14	Cheshunt	30.23	679
3.	Lily MERRETT	14	Hoddesdon	30.24	679
4.	Sacha THOMAS	14	UEA Norwich	30.27	677
5.	Angharad EVANS	14	West Suffolk	30.79	646
6.	Tilly MAYES	14	Thurrock	30.88	641
6.	Libby DUNFORD	14	Hoddesdon	30.88	641
8.	Emma CRUICKSHANKS	14	teamipswich	31.09	629
9.	Ella HALE	14	West Suffolk	31.12	628
10.	Jessica WOODWARD	14	Potters Bar	31.13	627
11.	Rebecca SMITH	14	Norwich Swan	31.50	607
12.	Lily GENNER	14	West Suffolk	31.76	593
13.	Isabel WAINWRIGHT	14	Modemian	31.92	584
14.	Lucie PECK	14	West Norfolk	32.12	574
15.	Daisy SANDON	14	Stevenage	32.19	571
15.	Rebecca HOWELL	14	Basildon Ph	32.19	571
15.	Katie HAMMOND	14	Co Cambridge	32.19	571
18.	Jessica HEESOM	14	Potters Bar	32.21	570
19.	Iona TRAINER	14	Co Ely	32.31	564
20.	Matilda MEYRICK	14	Norfolk Vikg	32.32	564
21.	Niamh HIGGINS	14	Colchester	32.34	563
22.	Victoria ROGERS	14	Basildon Ph	32.42	559
23.	Millie BATEMAN	14	UEA Norwich	32.63	549
24.	Bianka MISIKOVA	14	Hatfield	32.66	547
25.	Isabel MOORE	14	Norwich Swan	32.67	547
26.	Lauren BROWNE	14	Co Peterboro	32.79	541
27.	Chiara ROGERS	14	Team Luton	32.87	537
28.	Annabelle BURGESS	14	teamipswich	33.03	529
29.	Charlotte HUDSON	14	West Suffolk	33.06	528
30.	Gracie TROTTER	14	C Beds SS	33.12	525
31.	Katherine CHEESERIGHT	14	C Beds SS	33.20	521
32.	Gemma HANSON	14	Hatfield	33.25	519
33.	Ellie MATTHEWS	14	Putteridge	33.26	519
34.	Madison SMITH	14	Stanway	33.27	518
35.	Imogen BLOOMFIELD	14	Co Cambridge	33.35	515
36.	Charlotte OPOKU-GYAMFI	14	Team Luton	33.38	513
36.	Eve WRIGHT	14	Co Peterboro	33.38	513
38.	Isabelle SOULSBY	14	Berkhamsted	33.39	513
39.	Kitty JARVIS	14	Harlow Pen	33.40	512
40.	Isabelle SANDFORD	14	Basildon Ph	33.43	511
41.	Autumn HANDSCOMBE	14	C Beds SS	33.55	505
42.	Leanne HEMMINGS	14	Harlow Pen	33.96	487



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Weekend two - Norwich

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EVENT 515 Mens 400m Freestyle

Regional Record Junior - 3:57.59

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts				
1.	Aidan PILCHER	12	teamipswich	4:49.93	498				
	50m 32.87	100m 1:09.15	150m 1:45.82	200m 2:23.87	250m 3:00.82	300m 3:38.79	350m 4:13.65	400m 4:49.93	
2.	Oskar FARKAS	12	Co Cambridge	4:50.50	495				
	50m 32.43	100m 1:08.65	150m 1:45.18	200m 2:22.01	250m 2:59.09	300m 3:37.18	350m 4:14.67	400m 4:50.50	
3.	Jude HILLS	12	Bo Southend	4:50.75	494				
	50m 33.01	100m 1:10.17	150m 1:47.38	200m 2:24.59	250m 3:01.91	300m 3:38.79	350m 4:15.52	400m 4:50.75	
4.	Joseph MCGILLIVRAY	12	Lstof & OB	5:01.44	442				
	50m 32.71	100m 1:10.59	150m 1:48.94	200m 2:27.86	250m 3:06.87	300m 3:46.04	350m 4:24.58	400m 5:01.44	
5.	Peter SOCZEWKA	12	Hatfield	5:01.65	441				
	50m 34.11	100m 1:12.17	150m 1:50.63	200m 2:29.69	250m 3:08.35	300m 3:47.15	350m 4:26.36	400m 5:01.65	
6.	Finley COMAN	12	Gt Yarmouth	5:03.91	431				
	50m 33.09	100m 1:10.69	150m 1:49.30	200m 2:28.52	250m 3:07.35	300m 3:47.33	350m 4:27.54	400m 5:03.91	
7.	James GISBORNE	12	Bishop Stort	5:04.21	430				
	50m 34.27	100m 1:11.85	150m 1:50.50	200m 2:29.75	250m 3:08.90	300m 3:48.38	350m 4:27.60	400m 5:04.21	
8.	Aidan CLARKSON	12	DunmowAtlant	5:06.90	418				
	50m 33.41	100m 1:10.50	150m 1:49.54	200m 2:29.81	250m 3:09.16	300m 3:50.68	350m 4:29.29	400m 5:06.90	
9.	Denis MORINE	12	Chelmsford	5:08.02	413				
	50m 34.50	100m 1:14.65	150m 1:54.49	200m 2:34.33	250m 3:13.87	300m 3:53.22	350m 4:31.66	400m 5:08.02	
10.	Enzo LIM	12	Watford SC	5:08.95	409				
	50m 34.28	100m 1:12.69	150m 1:52.44	200m 2:32.00	250m 3:11.51	300m 3:51.68	350m 4:31.37	400m 5:08.95	
11.	Harry SHARPE	12	West Norfolk	5:09.59	407				
	50m 34.89	100m 1:14.19	150m 1:53.92	200m 2:33.19	250m 3:13.02	300m 3:52.76	350m 4:32.09	400m 5:09.59	
12.	Jenson HURRELL	12	Thurrock	5:09.75	406				
	50m 34.85	100m 1:13.86	150m 1:53.18	200m 2:32.89	250m 3:13.05	300m 3:52.46	350m 4:32.44	400m 5:09.75	
13.	Ryan ROBERTS	12	Dunstable	5:15.21	384				
	50m 34.27	100m 1:12.75	150m 1:53.52	200m 2:34.33	250m 3:15.72	300m 3:57.42	350m 4:35.96	400m 5:15.21	
14.	Matthew MONIE	12	Co Cambridge	5:19.14	368				
	50m 35.89	100m 1:16.62	150m 1:57.38	200m 2:38.74	250m 3:18.91	300m 4:00.28	350m 4:40.08	400m 5:19.14	
15.	Finn COOPER	11	teamipswich	5:25.04	346				
	50m 36.30	100m 1:17.87	150m 1:58.16	200m 2:40.49	250m 3:21.36	300m 4:03.78	350m 4:44.46	400m 5:25.04	
16.	Hayden MILLER	12	Braintree	5:31.42	324				
	50m 35.56	100m 1:16.97	150m 2:00.56	200m 2:43.35	250m 3:26.59	300m 4:09.41	350m 4:52.28	400m 5:31.42	

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts				
1.	Chester LEEMING	13	St Felix Sch	4:31.81	601				
	50m 30.25	100m 1:03.75	150m 1:38.00	200m 2:12.89	250m 2:47.87	300m 3:23.41	350m 3:58.08	400m 4:31.81	
2.	Joe COOPER	13	teamipswich	4:33.13	593				
	50m 30.85	100m 1:05.01	150m 1:38.95	200m 2:13.88	250m 2:48.37	300m 3:23.93	350m 3:58.85	400m 4:33.13	
3.	Michael KLIMASZEWSKI	13	Hatfield	4:38.33	562				
	50m 31.35	100m 1:06.45	150m 1:42.60	200m 2:18.53	250m 2:54.12	300m 3:30.19	350m 4:05.49	400m 4:38.33	
4.	Ryan DAVIS	13	Epping Fort	4:46.32	517				
	50m 32.03	100m 1:07.40	150m 1:43.38	200m 2:20.10	250m 2:56.54	300m 3:33.49	350m 4:10.38	400m 4:46.32	
5.	Luke BARTON	13	Lstof & OB	4:46.72	515				
	50m 32.16	100m 1:08.22	150m 1:44.52	200m 2:21.45	250m 2:58.35	300m 3:35.30	350m 4:11.94	400m 4:46.72	
6.	Fabian BRUDNICKI	13	Co Peterboro	4:50.18	497				
	50m 31.70	100m 1:07.59	150m 1:44.89	200m 2:22.35	250m 2:59.95	300m 3:37.04	350m 4:14.87	400m 4:50.18	
7.	Robert ADDIS	13	West Norfolk	4:51.65	490				
	50m 32.39	100m 1:08.34	150m 1:45.33	200m 2:22.56	250m 3:00.37	300m 3:38.20	350m 4:15.73	400m 4:51.65	
8.	Tyler JACKSON	13	Harlow Pen	4:57.32	462				
	50m 32.37	100m 1:08.60	150m 1:46.20	200m 2:24.35	250m 3:02.90	300m 3:41.90	350m 4:20.87	400m 4:57.32	
9.	Tyler WATSON	13	Flitwick	4:57.38	461				
	50m 33.81	100m 1:12.15	150m 1:50.74	200m 2:29.37	250m 3:07.45	300m 3:45.83	350m 4:22.59	400m 4:57.38	
10.	Tom MALIA	13	Flitwick	5:01.76	441				
	50m 33.88	100m 1:11.46	150m 1:49.68	200m 2:28.38	250m 3:07.52	300m 3:46.45	350m 4:24.96	400m 5:01.76	
11.	Jimmy TAYLOR	13	Thurrock	5:02.08	439				
	50m 34.07	100m 1:12.18	150m 1:50.25	200m 2:28.84	250m 3:07.87	300m 3:46.48	350m 4:25.22	400m 5:02.08	
12.	Matt BESSEY	13	Lstof & OB	5:03.51	433				
	50m 33.47	100m 1:12.28	150m 1:50.65	200m 2:29.59	250m 3:08.38	300m 3:47.37	350m 4:26.35	400m 5:03.51	
13.	Max ROBERTSON	13	Hatfield	5:03.79	432				
	50m 34.84	100m 1:12.62	150m 1:51.56	200m 2:30.93	250m 3:09.82	300m 3:48.90	350m 4:27.40	400m 5:03.79	
14.	Joab CARR	13	St Felix Sch	5:03.85	432				
	50m 32.75	100m 1:09.52	150m 1:48.22	200m 2:26.92	250m 3:06.62	300m 3:46.23	350m 4:26.43	400m 5:03.85	
15.	Guy SEMPLE	13	Co Cambridge	5:06.42	420				
	50m 33.67	100m 1:12.13	150m 1:51.02	200m 2:30.33	250m 3:09.10	300m 3:49.94	350m 4:29.03	400m 5:06.42	
16.	Connor WALKER	13	Co Peterboro	5:07.52	415				
	50m 32.38	100m 1:09.36	150m 1:48.01	200m 2:27.99	250m 3:09.92	300m 3:49.54	350m 4:29.88	400m 5:07.52	
17.	James ROTHWELL	13	Co Peterboro	5:16.14	380				
	50m 34.40	100m 1:14.04	150m 1:53.61	200m 2:35.07	250m 3:15.31	300m 3:56.56	350m 4:36.73	400m 5:16.14	



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts				
1.	Owen WEBSTER	14	St Felix Sch	4:27.57	628				
	50m 29.86	100m 1:03.11	150m 1:37.84	200m 2:12.80	250m 2:47.61	300m 3:22.33	350m 3:55.82	400m 4:27.57	
2.	Samuel ROSE	14	West Norfolk	4:27.63	628				
	50m 29.69	100m 1:03.24	150m 1:37.70	200m 2:12.70	250m 2:47.04	300m 3:21.73	350m 3:55.57	400m 4:27.63	
3.	James SPEERS	14	Basildon Ph	4:37.14	569				
	50m 31.01	100m 1:05.65	150m 1:39.89	200m 2:15.50	250m 2:51.14	300m 3:27.22	350m 4:03.30	400m 4:37.14	
4.	Jack TURRELL	14	Basildon Ph	4:39.17	557				
	50m 30.37	100m 1:06.34	150m 1:42.20	200m 2:18.35	250m 2:54.23	300m 3:30.29	350m 4:06.09	400m 4:39.17	
5.	William PESTELL	14	teamipswich	4:39.24	557				
	50m 31.72	100m 1:07.11	150m 1:42.75	200m 2:18.29	250m 2:54.00	300m 3:30.39	350m 4:05.82	400m 4:39.24	
6.	Joshua THURSTON-WOOLNO	14	Beccles Town	4:39.93	553				
	50m 31.62	100m 1:06.48	150m 1:41.84	200m 2:17.33	250m 2:53.00	300m 3:29.68	350m 4:05.26	400m 4:39.93	
7.	Henry NEWELL	14	Newmarket	4:41.34	545				
	50m 29.85	100m 1:03.35	150m 1:38.36	200m 2:14.21	250m 2:50.94	300m 3:28.06	350m 4:05.59	400m 4:41.34	
8.	Alfie KING	14	Thetford	4:44.75	526				
	50m 31.21	100m 1:07.06	150m 1:43.32	200m 2:20.53	250m 2:57.18	300m 3:34.73	350m 4:11.33	400m 4:44.75	
9.	Samuel BULLINGHAM	14	West Suffolk	4:45.92	520				
	50m 31.49	100m 1:06.60	150m 1:42.89	200m 2:20.37	250m 2:55.95	300m 3:33.84	350m 4:11.80	400m 4:45.92	
10.	Thomas BELCHER	14	Modernian	4:46.00	519				
	50m 31.96	100m 1:07.68	150m 1:44.18	200m 2:20.57	250m 2:57.17	300m 3:34.48	350m 4:10.38	400m 4:46.00	
11.	Samuel MILLER	14	Bo Southend	4:46.10	519				
	50m 31.50	100m 1:07.19	150m 1:43.69	200m 2:20.29	250m 2:57.59	300m 3:34.36	350m 4:11.44	400m 4:46.10	
12.	Teal'K SMITH	14	Beccles Town	4:47.16	513				
	50m 32.08	100m 1:07.85	150m 1:44.42	200m 2:21.70	250m 2:58.57	300m 3:35.49	350m 4:12.07	400m 4:47.16	
13.	Matthew NEWSON	14	Co Peterboro	4:48.40	506				
	50m 30.84	100m 1:06.66	150m 1:43.42	200m 2:21.20	250m 2:58.19	300m 3:35.87	350m 4:12.61	400m 4:48.40	
14.	Edward MCFARLAND	14	C Beds SS	4:48.55	506				
	50m 31.22	100m 1:06.82	150m 1:43.47	200m 2:20.31	250m 2:57.75	300m 3:35.19	350m 4:12.13	400m 4:48.55	
15.	Devesh KAPOOR	14	Watford SC	4:51.18	492				
	50m 31.28	100m 1:06.22	150m 1:43.26	200m 2:21.74	250m 3:00.07	300m 3:38.38	350m 4:15.53	400m 4:51.18	
16.	William TOZER	14	West Suffolk	4:51.34	491				
	50m 32.57	100m 1:09.50	150m 1:46.22	200m 2:23.29	250m 3:00.65	300m 3:37.78	350m 4:15.14	400m 4:51.34	
17.	Jeremy AITKEN	14	Beccles Town	4:51.35	491				
	50m 33.38	100m 1:10.21	150m 1:47.39	200m 2:25.09	250m 3:02.59	300m 3:40.18	350m 4:16.69	400m 4:51.35	
18.	Daniel WHITE	14	St Felix Sch	4:52.28	486				
	50m 30.42	100m 1:05.49	150m 1:42.55	200m 2:19.83	250m 2:57.99	300m 3:36.35	350m 4:15.43	400m 4:52.28	
19.	Edward JEX	14	Co St Albans	4:56.99	463				
	50m 31.58	100m 1:07.54	150m 1:44.86	200m 2:23.20	250m 3:01.35	300m 3:40.17	350m 4:19.43	400m 4:56.99	
20.	Samuel STEPHENS	14	St Felix Sch	4:59.60	451				
	50m 33.30	100m 1:11.18	150m 1:49.45	200m 2:27.40	250m 3:05.95	300m 3:44.20	350m 4:22.45	400m 4:59.60	